

Mai Co.



LET'S TALK.....

Hi again!

I hope you are all smiling! Can you believe we are in August already! Its been quite a fun month so far! On Saturday we celebrated the 15th Anniversary of our namesake - MAI. My beloved Siamese cat that started us on this journey of natural medicine and appreciating the gifts nature has to give us! 15 years....what a journey its been. By Gods Grace we are here still. And of course because of your constant support, encouragement and love! How blessed we are to be able to do what we love, and have you love what we do!

So much love and gratitude

*Andrea & Family*

JUST ARRIVED....

**DIFFUSER EARRINGS**

We have a beautiful set of new diffuser earrings that have just arrived. A simple yet effective way to have the therapeutic and exquisite smelling essential oils with you all day. Healing, balancing, uplifting, unobtrusive.

**SEND YOURSELF A GIFT**

Always remember we are never far away! Visit our website and follow the link to the store. Place your order and we will have a box of delights on its way to you. Its like sending yourself a gift of exactly what you want and having the fun of unwrapping it like its a surprise. :D



## PRACTICAL TIPS

## GUA SHA'S BENEFITS TO SKIN CARE - SELF CARE

## HOW TO USE THEM...

Gua sha's are a traditional chinese tools used to 'scrape' the skin which encourages the blocked 'chi' or energy to flow freely throughout the body and skin. This increases lymph drainage and clearing of toxins which cause illness or health issues.

Using them is quite simple: (avoid 90 degree angle, close the angle, use circular motion):

Cleanse the skin

Flat side on forehead and cheeks

Pointed area under the brows

Notch to cup the jaw line

Finish with sweeping strokes down the neck

## WHAT ABOUT THE REST OF THE BODY...

This month on all our social media platforms we are discussing my personal top 6 favourite essential oils and how I incorporate them in my daily life. Practically without fuss.

Remember they are little bottles of medicine that can heal, balance and cure many issues if you would be willing to try, saving your body from the harsh chemicals that tax your system,

**My list of favourites:**

**Neroli, Grapefruit, Peppermint, Frankincense, Thieves and Sage.**

Do you have a list of favourites? I would love to hear!

Drop us a line and let us know....

